

Growing Healthy Families



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www.healthvermont.gov

Know your WIC Fruit & Veggie \$\$ benefit!

The total dollar amount of your WIC Fruit & Veggie benefit is now right on your WIC Proof of Delivery (POD). This is the amount that will be automatically loaded onto your card on the first day of the month. Be sure to use it before the end of the month — it doesn't carry over to the next one.

Having trouble remembering to use your card? Here are some tips:

- Use WIC benefits on your first shopping trip of the month.
- Keep your card in your wallet where you will see it.
- Check weekly ads for the best prices on fresh, frozen and canned fruits and vegetables — plan menus that use your favorites!
- On your grocery list, mark “WIC Card” next to the fruits and vegetables you want to buy on that trip.
- Keep produce items grouped together in your cart so it's easier to place them on the belt first when you are checking out.
- Check your balance before you go to the store.

Look for a key tag in the mail soon which you can put on your key ring to remind you to use your fruit and vegetable benefit.

To check your WIC EBT account balance, change your PIN or find an authorized grocery store, go to the Vermont WIC EBT website: www.ebtedge.com or call 1-877-373-8715.

To learn more about the WIC Fruit & Veggie card, visit www.healthvermont.gov/wic



WIC food vendor corner

Snowstorms and icy weather are here! Keep your WIC foods from freezing by leaving a cooler outside where your foods are regularly delivered labeled “WIC.” If your vendor cannot reach your normal delivery location he will leave your foods at the end of your driveway. Check there before calling to report a missing delivery. You may also arrange for an alternate drop-off site during storms by calling your local WIC office.

Low-fat and fat-free milk

WIC offers women and children age 2 and over low-fat or fat-free milk.

These are healthy choices for you and your family. They have less fat and cholesterol, but the same benefits as whole milk. These are excellent sources of calcium, vitamin D, protein, potassium and magnesium.

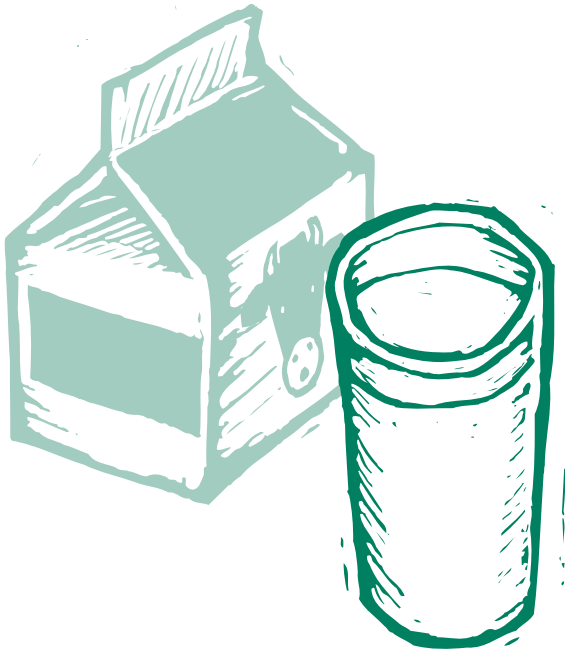
Tips:

- Children 2 years of age and older need 2 cups a day, and women need 3 cups.
- Refrigerate milk at all times, germs grow fast in milk at room temperature.
- Use lower-fat milk in recipes like cream soups and puddings
- Enjoy a cup of hot chocolate made with low-fat milk!

Fun facts:

- A cow produces 90 glasses of milk a day!
- Each 8-ounce cup of whole milk contains as much fat as 2 pats of butter; fat free milk has none!
- To get the calcium of 1 quart of milk, you need to eat 3½ pounds of peas or 50 slices of whole wheat bread!

whole milk = 4% fat
reduced-fat milk = 2% fat
low-fat milk = 1% fat
fat-free milk = 0% fat



Are you eligible for the Earned Income Tax Credit (EITC) this year?

If you worked and had earned income, you may be eligible for the Earned Income Tax Credit this year.

The amount of your EITC depends on how many children you have, whether you are married or single, and the amount of your income. For example, if you are married, file a joint tax return, have three or more children and income is less than \$48,362, you could receive \$5,666.

You can find out if you are eligible by going to the EITC Assistant at www.irs.gov, or call the IRS at 1-800-829-1040.

Free tax assistance will be available starting in February by calling 211, a United Way of Vermont service.

clip & save recipe!

Beef, Brown Rice and Broccoli Stir-Fry

SERVINGS:

3 (1 cup) adult servings and 2 (½ cup) toddler servings

INGREDIENTS:

- 1 cup brown rice, uncooked
- 1 tablespoon olive oil
- ½ pound beef steak, thinly sliced
- 2 cloves garlic, minced
- 2 cups broccoli florets
- 4 green onions, thinly sliced
- 2 tablespoons light soy sauce



Cook rice according to package directions. Set aside. In a frying pan, brown beef with garlic in oil over high heat. Lower heat. Stir in broccoli and onion; stir fry for 3 to 4 minutes, or until vegetables are tender. Add soy sauce. Stir in cooked rice, heat thoroughly.

Each adult serving provides: 280 calories; carbohydrate 35 grams; fat 7 grams; protein 17 grams; sodium 300 milligrams; fiber 2 grams.

QUICK TIPS:

- Double the recipe so that you can freeze the other half for another meal.
- Set aside some broccoli to puree, mash or chop for your infant 6 months or older.

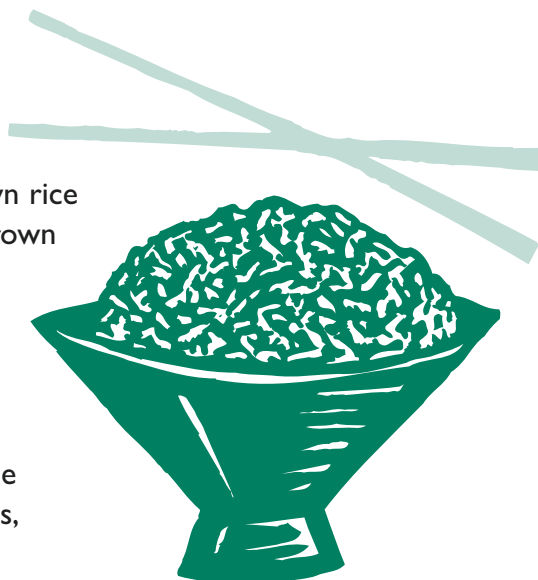
WIC has brown rice!

Ask for it at your next visit,
it can be chosen in place of
the whole grain bread.

Brown rice is a whole grain

One easy healthy change a family can make is to use brown rice instead of white rice. Brown rice is a “whole grain” because it still contains the bran and germ portion of the grain. This makes brown rice higher in fiber than white rice. The brown rice that WIC provides cooks quicker than traditional brown rice. Transitioning your family to brown rice can be done slowly by starting with ¼ cup of brown rice and ¾ cup white rice per cup of rice cooked. Use leftover cooked rice in stir-fries, soups, casseroles, or omelets.

Using whole grain pasta
can also help families
reach their goal of
making half their
grains whole
grains!





- **Know your Fruit & Veggie \$\$ benefit!**
Where to find your benefit plus tips for using your card.
- **Low-fat and fat-free milk**
Tips and fun facts about these alternatives to whole milk.
- **Earned Income Tax Credit (EITC) eligibility**
What you need to qualify.
- **Brown rice is a whole grain**
Switch from white rice to brown for a healthy change.
- **Featured recipe:**
Beef, Brown Rice and Broccoli Stir-Fry

"Low-fat and fat-free milk" reprinted with permission from the National WIC Association.



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